# Chapter 16 & 17

1. **Differentiate health, wellness, and well-being.**

Health: a state of complete physical, mental, and social well-being, and not merely the absence of disease

Wellness: A state of well-being

Well-being: A subjective perception of vitality and feeling well,

Can be described objectively, experienced, and measured

Can be plotted on a continuum

1. **Describe dimensions of wellness.**

* Physical
  + Carry out daily tasks
  + Achieve fitness
  + Maintain adequate nutrition and proper body fat
  + Avoid abusing drugs/alcohol/tobacco
  + Practice positive lifestyle habits
* Social
  + Interact successfully
  + Develop and maintain intimacy with significant others
  + Develop respect and tolerance for those with different options and beliefs
* Emotional
  + Manage stress/express emotions appropriately
* Intellectual
  + To learn and use information effectively
  + Striving for continued growth
  + Learning to deal with new challenges
* Spiritual
  + The belief in some fore that serves to unite human beings
  + Provide meaning and purpose to life
* Occupational
  + A balance between work and leisure time
  + Influences personal satisfaction
* Environmental
  + To promote health measures that improve the standard of living and quality of life in the community
    - Includes food, water and air

1. **Compare various models of health.**

* Clinical Model
  + Narrowest interpretation
  + Health is identified by the absence of signs and symptoms of disease or injury
  + Medical practitioners use this
  + Focus on the relief of signs and symptoms of disease and elimination of malfunction and pain
  + Health is restored when signs and symptoms are not present
* Role Performance Model
  + Health is the individual’s ability to fulfill societal roles
  + People who can fulfill their roles are healthy even if they have clinical illness
  + Sickness is the inability to perform one’s work role
* Adaptive Model
  + Disease is a failure in adaption (maladaptation)
  + Treatment is to restore the ability of the person to adapt
  + Extreme good health is flexible adaption to the environment to maximize advantage
* Eudemonistic Model
  + Health is a condition of actualization or realization of a person’s potential
  + The highest aspiration of people is fulfillment and complete development (Maslow’s Self Acutalization)
  + Illness prevents self-actualization
* Agent-Host-Environment Model
  + Used primarily in predicting illness rather than promoting wellness
  + Agent-Any environmental factor or stressor
  + Host-Person
  + Environment-All factors external to the host
  + Health is an ever-changing state
  + Balance=health is maintained
  + Disease occurs when there is no balance
* Health-Illness Continua
  + Measures a person’s perceived level of wellness
  + Health and illness are at opposite ends
  + A person’s condition can move through good health, normal health, poor health, and extremely poor health, eventually to death
  + People move back and forth within this continuum day by day
  + No distinct boundary

1. **Identify factors affecting health status, beliefs, and practices.**

* Internal variables
  + Nonmodifiable(cannot be changed)
  + Biologic Dimension
    - Genetic makeup
    - Sex
    - Age
    - Developmental level
  + Psychological Dimension
    - Mind-body interactions
    - Self-concept
  + Cognitive Dimension
    - Lifestyle choices
      * Living conditions
      * Patterns of behavior influenced by sociocultural factors and personal characteristics
    - Spiritual and religious beliefs
* External Variables
  + Environment
    - Geographic location
    - Climate
    - Pollution
    - Man-made substances in the environment
    - Tobacco
    - Radiation
    - Acid rain
    - Nitrogen oxides
    - Greenhouse effect
    - Pesticides and chemicals used to control weeds and plant diseases
  + Standards of Living
    - Occupation
    - Income
    - Education
    - Hygiene
    - Food habits
    - Ability to seek health care advice
    - Income
    - Low income
      * Choosing food and housing over healthcare
      * Slum neighborhoods
      * Deterioration
      * Inadequate sanitation
      * Fires
      * Violence
      * Limited recreational facilities
    - Occupation
      * Industrial workers
      * High pressure social or occupational roles
        + Disposed to stress-related disease
        + Encourages overeating or social use of drugs or excessive alcohol
  + Family and Cultural Beliefs
    - Passes on patterns of daily living and lifestyles to offspring
    - Culture and social interaction
  + Social Support Networks
    - Family
    - Friends
    - Confidant
    - Job satisfaction

1. **Describe factors affecting health care adherence.**

* Client motivation
* Degree of lifestyle change necessary
* Perceived severity of the health care problem
* Value placed on reducing the threat of illness
* Ability to understand and perform specific behaviors
* Degree of inconvenience
* Belief that therapy will or will not help
* Complexity, side effects, and duration of therapy
* Cultural heritage, beliefs, or practices that support or conflict with therapy
* Degree of satisfaction and quality and type of relationship with the healthcare providers
* Cost of therapy

1. **Differentiate illness from disease and acute illness from chronic illness.**

* Illness-
  + (1)a person’s physical, emotional, intellectual, social, developmental, or spiritual functioning is thought to be diminished, (2) Abnormal process in which any aspect of one’s functioning is diminished or impaired as compared with one’s previous condition
  + Not synonymous(having the same meaning) with the disease
  + May or may not be related to the disease
  + Can have a disease and not feel ill
  + Can feel ill and have no disease
* Disease-(1)Alteration in body function(2)A reduction of capacities or a shortening of the normal life span
* Acute illness
  + Short duration
  + Appear abruptly and subsides quickly
* Chronic illness
  + Long duration (6 months or longer)
  + Slow onset
  + Period of remissions and exacerbations

1. **Describe effects of illness on individuals’ and family members’ roles and functions.**

* On the client
  + Behavioral and emotional changes
  + Changes in self-concept
  + Changes in body-image
  + Anxiety
  + Fear
  + Anger
  + Withdrawal
  + Denial
  + Hopelessness
  + Powerlessness
  + Loss of autonomy
  + Change in lifestyle
    - Diet
    - Activity/Exercise
    - Rest/Sleep patterns
* On the family
  + Role changes
  + Task reassignment
  + Increased stress due to anxiety about the outcome
  + Financial problems
  + Loneliness
  + Change in social customs

1. **Describe how the *Healthy People 2010* leading health indicators can help improve the health of a community.**

* Individual health is closely linked to community health and the reverse.
* Community health is affected by the beliefs, attitudes, and behaviors of the individuals who live in the community
* Partnerships are important to improved individual and community health
* Businesses, local government, and civic, professional, and religious organizations can participate
* Primary prevention
  + Health promotion
  + Protection against specific health problems
  + Decrease the risk or exposure of the individual or community to disease
  + Examples:
    - Health education
    - Immunizations
    - Risk assessment
    - Family planning
    - Environmental sanitation
    - Adequate housing, recreation, and work conditions
* Secondary prevention
  + Early identification of health problems
  + Prompt intervention to alleviate health problems
  + Identify individuals in an early stage of a disease
  + Limit future disability
  + Examples:
    - Screenings
    - Regular medical and dental checkups
    - Self-examination for breast and testicular cancer
    - Assessing the growth and development of children
    - Prevent complications
* Tertiary prevention
  + Restoration and rehabilitation
  + Returning to an optimal level of functioning
  + Examples:
    - Referring a client to a support group
    - Teaching a client to identify and prevent complications
    - Referring a client to a rehabilitation center that will maximize use of remaining abilities

1. **Differentiate health promotion from health protection or illness prevention.**

* Health promotion-behavior motivated by the desire to increase well-being and actualize human health potential. **Not disease oriented**
* Heath protection-behavior motivated by a desire to actively avoid illness, detect it early, or maintain functioning within the constraints of illness. **Illness or injury specific.**
* All are focused on the future
* The difference is the individual’s motivation and goals for behavior

1. **Identify various types and sites of health promotion programs.**

* Types
  + Health promotion
  + Specific protection
  + Screening for early detection of disease
* Sites
  + Home
  + Community
    - Local health department
      * Immunization program
    - Fire department
      * Fire prevention information
    - Police
      * Safe driving campaign
      * Bicycle safety
  + Hospitals
    - Focus on the health of their employees
    - Lifestyles/health habits of employees
  + Health care organizations
    - Infection control
    - Fire prevention/drills
    - Limiting exposure to x-rays
    - Prevention of back injuries
    - Smoking cessation
    - Exercise/fitness
    - Stress reduction
    - Time management
  + School
    - Cost-effective and convenient
    - Basic knowledge about:
      * Personal hygiene
      * Nutrition
      * Dental care
      * Activity/play
      * Drug/alcohol abuse
      * Domestic violence
      * Child abuse
      * Sexuality/pregnancy issues
  + Worksite
    - Control the rising cost of healthcare and employee absenteeism
    - Attractive to adults who would not be aware of health care issues
    - Programs that address
      * Air quality
      * Injury prevention
      * High blood pressure screening
      * Fitness information
      * Relaxation techniques

1. **Discuss the nurse’s role in health promotion.**

* Model healthy lifestyle behaviors/attitudes
* Facilitate client involvement in assessment/implementation/ evaluation of health goals
* Teach clients self-care strategies to enhance fitness, improve nutrition, manage stress and enhance relationships
* Assist individuals, families and communities to increase their levels of health
* Educate clients to be effective health care consumers
* Assist clients to develop and choose health-promoting options
* Guide clients in effective problem solving and decision making
* Reinforce clients personal and family health-promoting behaviors
* Advocate in the community for changes that promote a healthy environment

1. **Apply the nursing process to Health Promotion.**

* Assessment
  + Health history/physical examination
    - Provide a means for detecting any existing problems
  + Physical Fitness
    - The nurse accesses the body’s physical functioning
      * Muscle endurance
      * Flexibility
      * Body composition
      * Cardiorespiratory endurance
  + Lifestyle Assessment
    - Personal lifestyle and habits of the client
      * Physical activity
      * Nutritional practices
      * Stress management
      * Smoking/ alcohol consumption and drug use
    - Goals
      * Opportunity for clients to assess the impact of their present lifestyle on their health
      * Basis for decisions related to desired behavior and lifestyle changes
  + Spiritual Health Assessment
    - Spiritual beliefs can affect a person’s interpretation of events in his or her life
  + Social support system review
    - Individuals and groups provide
      * Comfort
      * Assistance
      * Encouragement
      * Information
    - Fosters successful coping
    - Promotes satisfying/effective living
    - Creates an environment that encourages healthy behaviors
    - Promotes self esteem and wellness
    - Provides feedback that the person’s actions will lead to desirable outcomes
  + Health risk assessment
    - Indicates a client’s risk for disease or injury during the next 10 years
    - Compares the client’s risk with the mortality risk of the corresponding age, sex, and racial group
    - General health, lifestyle behaviors, and demographic data are compared
  + Health beliefs review
    - Need to be clarified
    - Belief determine how they perceive control of their own health care status
    - Provides the nurse with an indication of how much the clients believe they can influence or control health through personal behaviors
    - Provide a better indication of readiness and motivation
  + Life-stress review
    - The impact of stress on mental and physical well-being
* Planning
  + Developed according to the needs, desires, and priorities of the client
  + Client decides on:
    - Health promotion goals
    - The activities or interventions to achieve those goals
    - The frequency and duration of the activities
    - Method of evaluation
  + The nurse:
    - is the resource person rather than an adviser
    - provides information when asked
    - Emphasizes the importance of small steps to behavioral changes
    - Reviews the client’s goals and plans to make sure they are realistic, measurable, and acceptable to the client
* Implementing
  + Self-responsibility is emphasized for implementing the plan
  + Nursing interventions include
    - Supporting
    - Counseling
    - Facilitating
    - Teaching
    - Enhancing the behavior change
    - Modeling